ALL GAIN...NO PAIN



IT STARTS BY USING THE STAIRS!

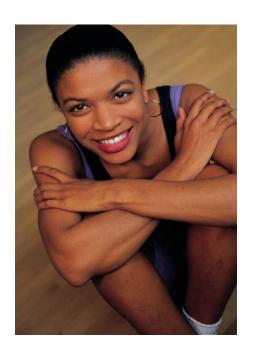


TAKE YOUR
FIRST STEP
ON THE
RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

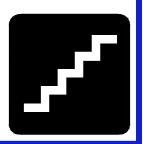
ALL GAIN...NO PAIN



Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH





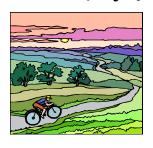
YOUR FEET



ARE MADE FOR WALKING! USE THE STAIRS!



TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

WALK A MILE



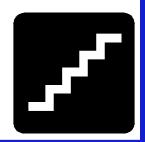


IN YOUR SHOES!

Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH





WALK A MILE



IN YOUR SHOES!

START BY USING THE STAIRS!



TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

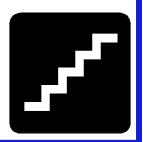
HELP REDUCE STRESS.



Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH





STRESSED?



BURN OFF SOME ENERGY... USE THE STAIRS!



TAKE YOUR
FIRST STEP
ON THE
RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

USE THE STAIRS



Take your first step on the Rhode to Health.





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USE THE STAIRS

Take your first step on the *Rhode to Health*.





Member organizations of the Rhode to Health Coalition are:
Bradley Hospital • Butler Hospital • Care New England Wellness Centers •
Eleanor Slater Hospital • Kent Hospital • Landmark Medical Center •
Memorial Hospital of RI • Newport Hospital • Our Lady of Fatima Hospital •
Rehabilitation Hospital of RI • RI Department of Health • Rhode Island
Hospital • Roger Williams Medical Center • St. Joseph Hospital for Specialty
Care • South County Hospital • The Miriam Hospital • Westerly Hospital •
Women and Infants Hospital of RI

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Take your first step on the *Rhode to Health*.

CHESTAILSTAKETHESTAILSWAIKUPTHESTAILSUSETHE



Use the Stairs



Take your first step on the *Rhode to Health*.



Use the Stairs

Take your first step on the Rhode to Health.



Use the Stairs

Take your first step on the Rhode to Health.





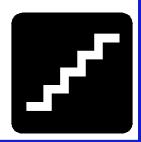
BE A STEP MASTER.



Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH









TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

YOU MUST HAVE SOMETHING

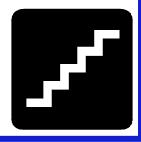


BETTER TO DO!

Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH





YOU MUST HAVE SOMETHING



USE THE STAIRS!



TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

FREE EXERCISE MACHINE

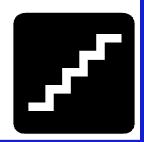


NOT THAT KIND!

Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH





FREE EXERCISE MACHINE!



NOT THAT KIND! USE THE STAIRS!



TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

WANT TO BE SLIM?



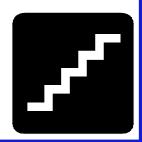
NO TIME FOR THE GYM?

Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the *Rhode to Health* Coalition are:
Bradley Hospital • Butler Hospital • Care New England Wellness Centers • Eleanor Slater Hospital • Kent Hospital • Landmark Medical Center • Memorial Hospital • Renabilitation Hospital • Renabilitation Hospital • Renabilitation Hospital • Roger Williams Medical Center • St. Joseph Hospital • Roger Williams Medical Center • St. Joseph Hospital • Westerly Hospital • Women and Infants Hospital • Relabilitation Hospital • Roger Williams Medical Center • St. Joseph Hospital • Westerly Hospital • Women and Infants Hospital • Relabilitation Hospital • Rela



WANT TO BE SLIM?

NO TIME FOR THE GYM?



: THE STAIRS!

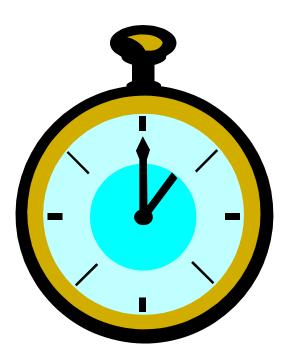


OUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

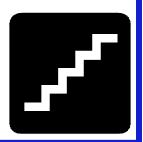
GOT A MINUTE?



Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH





GOT A MINUTE?



USE THE STAIRS!

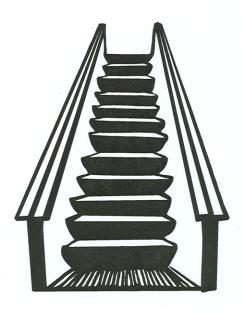


TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

FREE EXERCISE MACHINE



Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



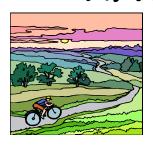


FREE EXERCISE MACHINE!

USE THE STAIRS!



TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

DON'T WEIGHT!

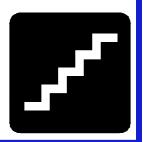


Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



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Bradley Hospital • Butler Hospital • Care New England Wellness Centers • Eleanor Slater Hospital • Kent Hospital • Landmark Medical Center • Memorial Hospital • Rehabilitation Hospital • Rehabilitation Hospital • Roger Williams Medical Center • St. Joseph Hospital for Specialty Care • South County Hospital • The Miriam Hospital • Westerly Hospital • Women and Infants Hospital of RI



DON'T WEIGHT!



USE THE STAIRS!



TAKE YOUR
FIRST STEP
ON THE
RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

WANT TO BE FIT?



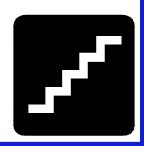
ALL YOU DO IS SIT?



Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH







WANT TO BE FIT?

ALL YOU DO IS SIT?



USE THE STAIRS!



TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the "Rhode to Health" Coalition are:

YOUR FEET



ARE MADE FOR WALKING.

Use the Stairs

TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



